

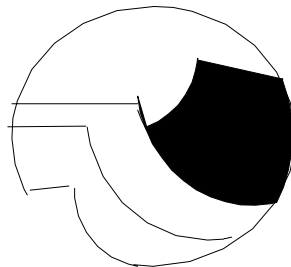
OPTIONS

For Long Term Care

Opening Doors to Independence

Mission

*To help individuals achieve or maintain
independence and a dignified quality of life.*



Mesa County Dept. of Human Services
Adult Services/OPTIONS
P. O. Box 20000
Grand Junction, CO 81502-5035
970-248-2888
www.mcdss.co.gov

Ask Yourself...

- *Is housework/home maintenance a problem for you?*
- *Are activities of daily living a problem for you (e.g. shopping, cooking, dressing, bathing)?*
- *Do you have questions about your current healthcare coverage and whether it will meet your needs in the future?*
- *Are you or is someone you know elderly, disabled or in need of long term care services?*
- *Would you like to know about long term care programs designed to help people with special needs continue to live in their own homes?*
- *Are you confused by the various agencies, eligibility requirements and application procedures for long term care programs?*
- *Do you wish it was easier to learn about and access the long term care services you need?*

If you answered “yes” to any of these questions, OPTIONS can help you.

OPTIONS for Long Term Care provides care management services to help individuals achieve or maintain independence, self determination and a dignified quality of life. Sponsored by the Mesa County Department of Human Services, OPTIONS will help you assess, plan and coordinate those services that can best meet your unique needs.

OPTIONS can help you quickly and easily:

- Identify your long term care needs.
- Determine if you have insurance coverage for services or if you qualify for publicly funded programs.
- Understand the services available to you.
- Access both in-home and community wide long term care program(s) to meet your needs.

This service is open to all elderly and disabled people and their families. OPTIONS can help you navigate the maze to receive the best services possible.

How OPTIONS Works

When you contact **OPTIONS**, you will have a team of professionals working on your behalf. A trained Care Manager will help you determine the level of care management you desire and discuss the resource options available to serve you. They serve as brokers for you, providing assessment of need, care planning, oversight of care, and education. Working for you and with you, they will cut through the red tape and outline your options so you can make the best decision for your care or the care of your loved one. Your **OPTIONS** Care Manager will serve as a liaison between you and service providers. They'll stand in the gap for you. Call 970-248-2888 or visit our website at OPTIONS.mcdss.co.gov for more information.

With OPTIONS you may choose either the Service Package, a combination of services or both.

You may choose the Service Package including:

Cost: \$200

- Home visit and assessment by Care Manager
- Medical history completed by client's physician
- Development of care plan
- Recommendations and care options review
- Itemization of community resources
- Arrangement of services (upon client's request)

Or you may select any combination of these services: *(billed in 15 minute increments)*

Cost: \$45/hr

- In-home visits to determine needed services
- Help in the development of a unique plan of care
- Information on all your choices of services and providers
- Referrals to community agencies
- Education on insurance issues
- Elder Care employee assistance
- Evaluation of current living situation
- Caregiver counseling
- Help with becoming Medicaid eligible
- Assistance with in-state and out-of-state resources
- Long range planning
- Ongoing monitoring of services and providers

OPTIONS Team

OPTIONS Care Managers are the key to success in your long term care educational, planning and service delivery needs. OPTIONS Care Managers work for you and with you.

OPTIONS Care Managers:

- Are certified by the National Academy of Certified Care Managers.
- Have college and post graduate educational backgrounds.
- Have broad based experience in the areas of home health, hospital discharge planning and rehabilitation.
- Have more than 100 years of combined professional experience working with target populations.
- Have specialized training in the target populations of elderly/blind/disabled, as well as brain injured, HIV/AIDS, developmental disabilities, mental illness and victims of adult abuse and neglect.
- Are dedicated to the principles and core values of: Creativity, Compassion, Accountability, Excellence, Commitment, Integrity and Respect.

Meet a few members of the OPTIONS team

Dave: Dave is the Director of the Area Agency on Aging. He has a Masters of Social Work and twenty-five years of experience in the planning, development and administration of services for seniors. Dave's expertise includes counseling on Medicare Supplemental Insurance, Long Term Care Insurance, Medicare and private insurance appeals. His experience also includes mediating complaint resolution in long term care services.

Henry: Henry is one of our OPTIONS Care Managers. He has a Bachelor of Arts Degree in Sociology and a Masters Degree in Counseling and Guidance. He is certified as a Care Manager with more than 15 years experience working with Child Welfare, Foster Care, Adolescents, Elderly and Disabled populations.

Dyann: Dyann is one of the Team Leaders for the OPTIONS program. She has a Bachelor of Arts Degree in Social Work with an emphasis in Gerontology. She is certified through the National Academy of Certified Care Managers and has more than 10 years of experience working with the elderly and disabled populations in nursing homes, rehabilitation hospitals, home health, private care management and social service agencies.

Programs and Services

- 1) In-Home Visits To Determine Needed Services.** A Care Manager will meet with you and your family in your home to talk about your situation. OPTIONS Care Managers are experts in assessing an individual's level of function. In addition, our Care Managers can help assess your financial status and insurance coverage to determine the type and quantity of services available to you and your family.
- 2) Development Of Your Unique Plan Of Care.** After the initial assessment, your Care Manager will help you and your family develop a "care plan" tailored to meet your needs.
- 3) Information On Your Choice Of Services And Providers.** OPTIONS will furnish you and your family with up-to-date information on healthcare services.
- 4) Referrals To Community Agencies.** OPTIONS will contact the agency and provider of your choice, requesting that services be provided to you. OPTIONS will also provide the agency/provider with any information necessary to begin services, i.e. address, contact person, physician, etc.
- 5) Ongoing Monitoring.** Your Care Manager will regularly meet with you and your family to assure that the services being provided continue to meet your needs. OPTIONS will also communicate with your providers as needed to make requested adjustments in your care.
- 6) Education On Insurance Issues.** OPTIONS will work with you to evaluate your current insurance coverage and provide information to help you secure adequate coverage if needed. We provide information on HMO's and other carriers offering supplemental insurance coverage. OPTIONS will also provide information on your Medicare rights and how to appeal should you be denied coverage. Options connects people with programs such as Medicare and Medigap Insurance, Medicaid, Older Americans Act, long term care insurance, independent living center contracts, state funding, and other public or private sources.
- 7) Employee Assistance For Caregivers.** OPTIONS will work with any employer to coordinate an employee assistance program. We will offer information on services available to an employee's aging parents or family member in need of care.

Programs and Services

8) Evaluation Of Current Living Situation. OPTIONS will review your current living situation and make recommendations to increase your safety within your home. Such recommendations may include changes to your home (ramps, widening doorways, etc.) or information on other housing alternatives.

9) Caregiver Counseling. To reduce the stress and increase the capability of caring for a loved one, OPTIONS will provide education and referral on caregiver programs. Such programs may include respite care, support groups, caregiver training and counseling.

10) Help With Becoming Medicaid Eligible. OPTIONS will provide guidance on how to qualify and apply for Medicaid benefits.

11) Assistance With In-state And Out Of State Resources. OPTIONS will provide help accessing resource information both inside or outside of Colorado.

12) Long Range Planning. OPTIONS will provide information to you or your family who are not yet in need of long term care services but who wish to develop an appropriate plan for when the need arises.



OPTIONS is affiliated with:

Colorado Guardianship Alliance
Mesa County Adult Protection Program
Area Agency on Aging
American Society on Aging
National Academy of Certified Care Managers

Financial Resources

The information you provide on this form is confidential and will not be disclosed to anyone without your prior approval. This information will help us gauge your financial eligibility for Medicaid and other services.

Checking			
Savings			
Employment Benefit Pension Plan			
Real Estate			
Securities			
Safe Deposit Boxes			
Life Insurance			
Christmas Savings			
Time Certificates			
Deposit In Credit Union			
Cash			
Stocks/Bonds			
Investments			
Mortgages			
Trust Funds			
Safe Deposit Box			
Business Loan			
Personal Property over \$1,000			
Miscellaneous Assets			